

In Season:



Broccoli!



NUTRIENTS IN BROCCOLI:

Vitamins: A, B1, B6, C, folate, K;
potassium, manganese, and fiber.

SELECTION:

Choose odorless heads with tight, bluish-green florets. Avoid stalks with yellow leaves or flowers. Eat raw or cooked.

STORAGE:

Refrigerate for use within 3-5 days.

QUICK FIX TIPS:

- Add finely chopped, cooked pieces of broccoli to wraps, pasta, or potato salads and tuna or chicken salads.
- Peel stalks, then shred or grate. Add light mayo and Italian salad dressing for a quick slaw, or use in your favorite coleslaw recipe.
- Make a frittata or scrambled eggs with chopped broccoli and/or other veggies.

Crazy, Curly Broccoli Bake

Prep Time: 25 minutes

Serves: 6

Cups of Fruits & Veggies per Serving: ½

Ingredients:

- 1½ cups whole-wheat corkscrew pasta, dry
- 3 cups broccoli, fresh or frozen, chopped
- 1 can (10.5 oz.) low-fat cream of broccoli soup, condensed
- ½ cup skim milk
- 2 tbsp plain bread crumbs
- ¼ tsp salt-free seasoning blend

Preparation:

1. Preheat oven to 350°F.
2. Cook pasta according to package directions.
3. Chop broccoli and place in a large ovenproof dish. (If using frozen broccoli, microwave on HIGH for 2 minutes. Chop broccoli.)
4. Mix soup with skim milk, and add to chopped broccoli.
5. Add cooked pasta and mix.
6. Top with bread crumbs and seasoning blend.
7. Bake in oven for 10-15 minutes until heated through.



Nutritional Information per Serving:

Calories:164; Total Fat:2.2g;
Dietary Fiber:5g; Sodium:351mg



Recipe is courtesy of Produce for Better Health Foundation (PBH).

Your Logo Here